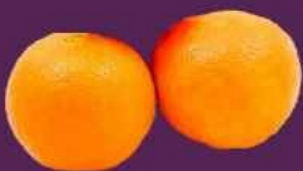


15 EXOTIC & ORGANIC

Fruit

smoothies



By
Huey Frogh Gernodsen

15 Exotic and Organic Fruit Smoothies

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Introduction

Tired of the same old boring smoothies? Well here is a small collection of some of the most exotic and delicious recipes ever invented! You won't believe your taste buds! More unique than anything else you have ever tried. These recipes will soon find a special place in your heart! Everything from tropical style drinks to a coffee masterpiece. So join me on an epic taste bud fantasy!

Cheers!

-Huey



This is a recipe book with a minimalist approach to cooking, so to get right to the point just a few instructions. Just use organic ingredients when you make these.

Every recipe in this book just needs to be placed in your blender and that's it! No fancy prep! I recommend freezing your fruits first or just adding some ice, your choice! Or just have a non-frosty drink with no ice. Both are great. Enjoy!



Smoothie #1

Awesome Spinach Mango

-2 Cups of Water

-2 Mangos

-1 Cup of Spinach

-1 Dash of Lemon Juice





Smoothie #2

Healthy Banana and Kale

- 1 Cup of water
- 2 Bananas
- 1 Cup of Kale
- 1 Dash of Lemon Juice





Smoothie #3

Exquisite Strawberry Banana and Lettuce

- 1 Cup of Water
- 1 Cup of Strawberries
- 1 Banana
- 1 Cup of Lettuce
- 1 Dash of Orange Juice





Smoothie #4

Mango Berry Spinach Surprise

- 2 Cups of Water
- 1 Cup of Mixed Berries
- 1 Mango
- 1 Cup of Spinach
- 1 Dash of Honey



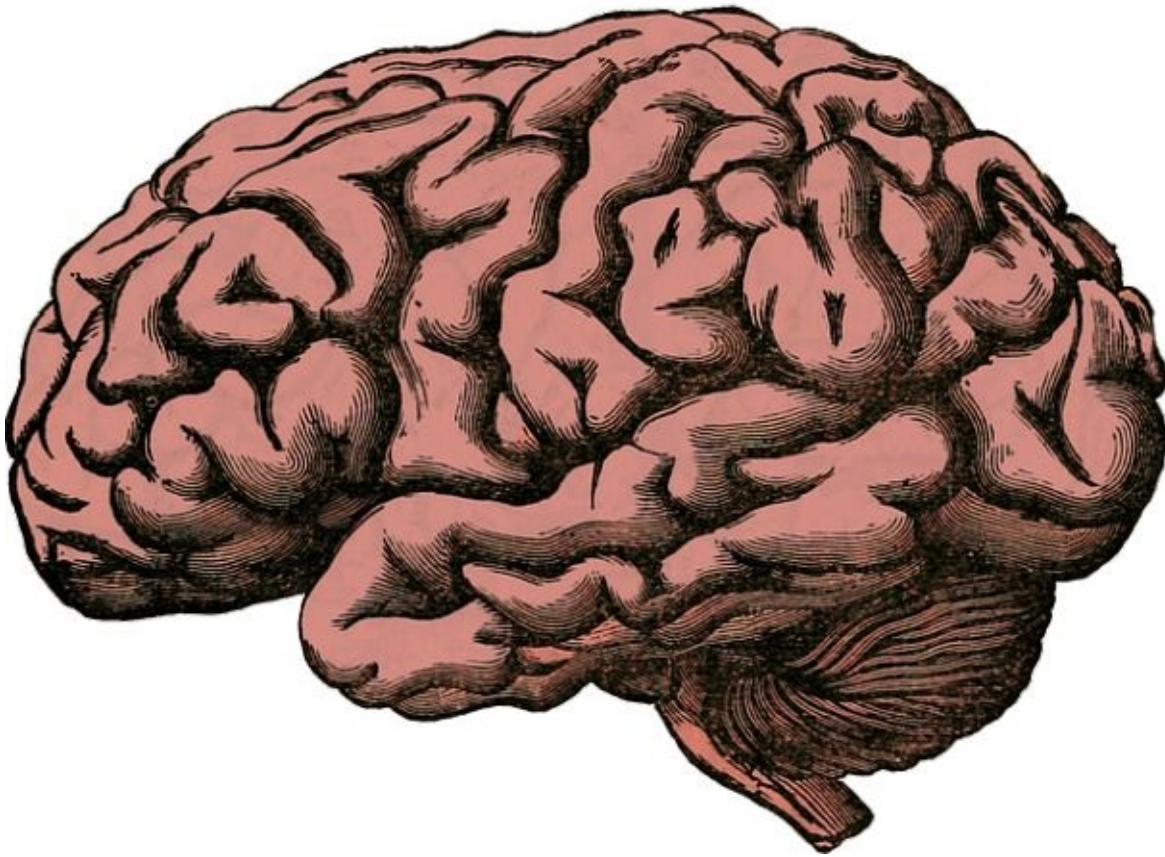


Smoothie #5

Unbelievable Pineapple Coconut Spinach

- 1 Cup of Water
- 1 Pineapple
- 1/2 Cup of Coconut
- 1 Cup of Spinach





[Smoothie #6](#)

The Mind Blower

- 1 ½ Cups of Unsweetened Vanilla flavored Almond Milk
- 1 Banana
- 1 Cup of Frozen Nectarines
- 1 Tablespoon of Organic Honey
- 1 Teaspoon of Vanilla Extract
- 1 Cup of Spinach
- 1/4 Cup of Whole Oats
- 1 dash of Organic Chocolate Syrup



Smoothie #7

Ultimate Acai

- 3.5 ounces of Acai Puree
- 1 Cup of Pomegranate Juice
- 2 Bananas
- 1 Cup of Raspberries
- 1 Cup of Blueberries





[Smoothie #8](#)

The Hydrator

- 1/2 Cup of Coconut Water
- 1 Cup of Watermelon chunks
- 1 ½ Teaspoons of Lime Juice
- 4 Mint Leaves
- 1 Dash of Organic Orange Syrup



Smoothie #9

The Tropical Island Getaway

- 1 Banana
- 1/2 of a Large Mango
- 1/4 Cup of Pineapple
- 1 Cup of Strawberries
- 1/2 Cup of Peaches





Smoothie #10

Ridiculous Avocado Pear Kiwi Medley

-1/2 of a Medium Avocado

-1 Pear

-1 Granny Smith Apple

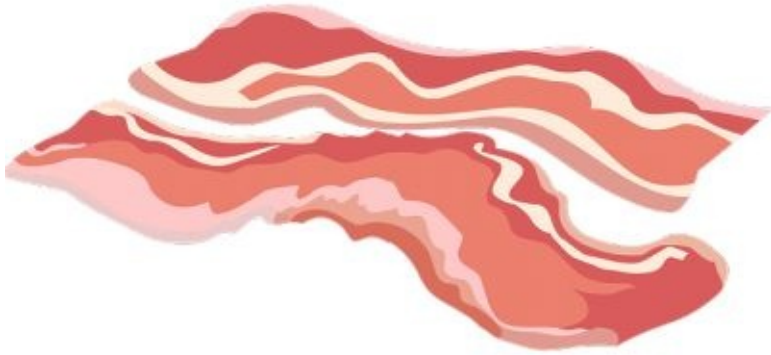
-6 Medium Bananas

-1 Macintosh Apple

-2 Kiwis

-1 Cup of Water





Smoothie #11

Crazy Chocolate and Bacon Indulgence

- 1 Tablespoon of Cocoa Powder
- 1 Cup of Coconut Milk or Almond Milk
- 1 Banana
- 1 Tablespoon of Maple Syrup
- 4 Pieces of Cooked Bacon





Smoothie #12

Harvest Time Pumpkin and Cranberry Celebration

- 1/2 Cup of Fresh Pumpkin Puree
- 1 Cup of Organic Milk
- 1/4 Cup of Fresh Cranberries
- 1/4 Cup of Walnuts
- 1 small apple (optional)
- 1/2 Orange
- 2 Tablespoons Coconut Cream
- 3/4 Teaspoon of Cinnamon-A Large Dash of Honey





[Smoothie #13](#)

Excellent Pumpkin Banana

- 1/2 Banana
- 1 Teaspoon of Flaxseed
- 3/4 Cup of Unsweetened Almond or Coconut Milk
- 1/3 Cup of Pumpkin Puree
- 1 ½ Tablespoons Maple Syrup or Honey
- 1/4 Teaspoon of Cinnamon
- 1/4 Teaspoon of Nutmeg





[Smoothie #14](#)

Mocha Mania Man

- 1 Cup of Coffee
- 1 Cup of Almond or Coconut Milk
- 1/2 Banana
- 2 Dates
- 2 Teaspoons of Cocoa Powder
- 3 Drops of Vanilla Extract
- 2 Tablespoons of Cashews
- 1 scoop of Whey Protein Isolate Powder (plain flavored)
- 1 Dash of Cinnamon on top when serving



Smoothie #15

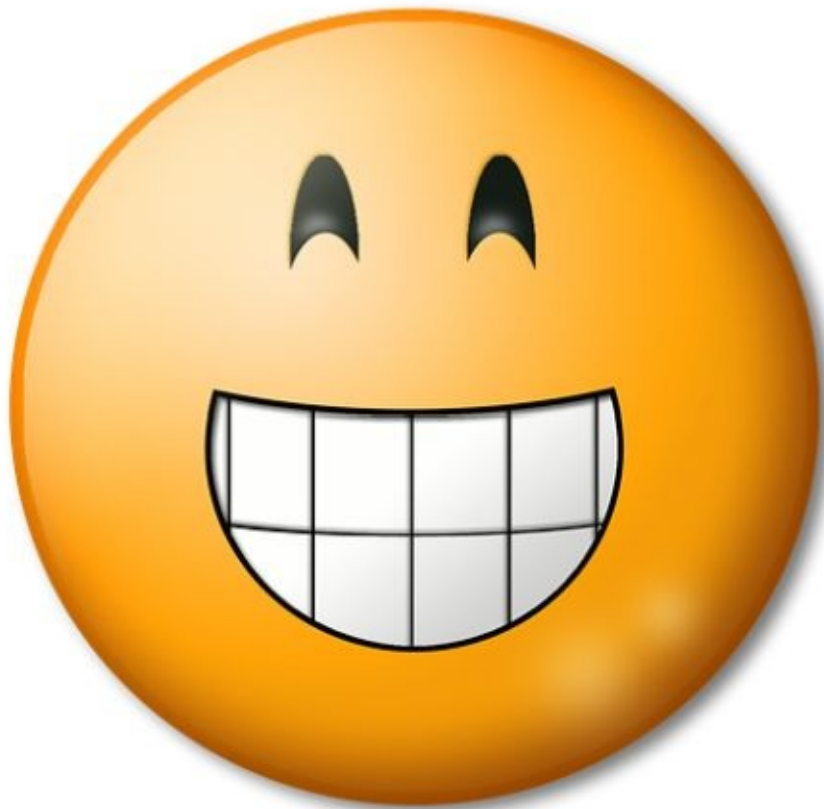
Smooth Sailing

- 2 Bananas
- 1 Cup of Pineapple
- 2 Cups of Kale
- 1 Cup of Mango
- 1/2 of an Avocado
- 1 Cup of Green Grapes



Conclusion

Well I hope you had a good time trying these different recipes! They are great to share with friends and family. They are all designed to make you feel healthier and taste good! So to your health! May you live long and have a happy and healthy life!



If this book helped you and you would like to leave a review, it would be much appreciated. Thank You!